

## **Catch and Immediate Release Fishing**

When practicing catch and release, please follow these suggestions to reduce the risk of injury to the fish.

- Land your catch carefully and quickly. If possible avoid handling the fish at all and remove the hook with pliers.
- Use a landing net made of soft or knotless mesh and always try to net your fish head first.
- Try to keep the fish in the water and gently cradle it while carefully removing the hook.
- Leave your fish in the water until you are ready to take a photo.
- Keep your fingers out of the fish's gills since a torn gill could cause the fish to bleed to death.
- Touch your fish as little as possible. Always wet your hands when touching your fish.
- Cut the line near the hook if a fish is deeply hooked. A steel hook will rust away leaving the fish unharmed.
- Release your fish, pointing it into a slow current or gently moving it back and forth until its gills are working properly and the fish regains its balance. Once fully recovered, allow the fish to swim from your hands (big fish may take longer to recover).